

Spicy Citrus Roasted Fresh Carrots

Makes: 6 Servings

Ingredients

2 1/2 pounds carrots, raw
1/4 teaspoon lemon juice
1/4 teaspoon lime juice
1/4 teaspoon orange juice
1/4 teaspoon salt
1/8 teaspoon curry powder
1/8 teaspoon paprika
1/8 teaspoon Pepper, black, ground
1/8 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 tablespoon Cilantro, fresh
1/8 teaspoon chili powder
1/4 tablespoon Oregano, fresh
1/2 tablespoon oil
cooking spray (As needed)



Directions

1. Preheat oven to 350 degrees F. Peel, wash and cut the carrots into quarter inch slices.
2. Add the cut carrots to a large bowl. Add all the the juices, oil, and all the spices except the fresh cilantro, which is reserved for later. Mix well. Spray a baking sheet with cooking spray and spread the seasoned carrots evenly on the pan.
3. Roast for approximately 20 minutes.
4. Garnish with the reserved fresh cilantro. You may add a garnish of fresh slices of oranges if desired.

Notes

Serving Size: 1/2 cup